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ABSTRACT

By using a game-centered approach, mental health professionals can help teach social and emotional skills to their clients. The 66 games described in this book are presented using a standard format that includes suggestions for how to help players use their skills in daily life. The games were field tested using an evaluation strategy that focused on the extent to which players enjoyed the game and the extent to which the game produced the types of experiences that occur in sophisticated training or counseling. The games are organized according to the type of social-emotional goals desired. Chapters are: (1) "Introduction to Social-Emotional Skills and Games"; (2) "Playing the Games"; (3) "Games that Teach How To Identify and Talk about Emotions"; (4) "Games that Foster Self-confidence"; (5) "Games that Foster a Positive Outlook"; (6) "Games that Foster Value Clarification, Goal Setting, and Planning"; (7) "Games that Teach Problem-Solving Methods"; (8) "Games that Foster Persistence"; (9) "Games that Teach Coping Methods"; and (10) "Games that Enhance Social Skills." An appendix discusses commercial games. Contains 129 references. (LPP)

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